

# Bloom

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for Yourself  
April Green



Bloom  
for Yourself



Also by April Green:

Earthsong  
Paper Wings



Bloom  
for Yourself

April Green



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Cover Artwork:  
Xavier Esclusa Trias  
[www.twopots-design.com](http://www.twopots-design.com)  
[xevi@twopots-design.com](mailto:xevi@twopots-design.com)



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A flower does not think of c  
with the flower next t

It just blooms.

*Zen Shin*



Poetic Writing

*the roots that ground*



Bloom for Yourself

YOU

Whatever parts of me you are draw  
reflections of those parts already w  
am giving you is the gift of awareness

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## Bloom for Yourself

### THE UNFOLDING

I had to break—I had to understand  
me that was causing me so much pain



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THE SILENCE OF LIGHT

I don't think I am as much gifted as  
break open ribs and write what is hi  
breathe a heavier kind of air and  
silence of light.

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## Bloom for Yourself

### ART

When things, I used to cling to, no  
soul—I turn them into art. And  
aching spaces they carved out of me  
again.

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## Bloom for Yourself

### ONCE IN A LIFETIME

Some flowers only bloom once. *And* that's enough to create a single moment that can change a person's li

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## Bloom for Yourself

### LOST

You only become lost when you are  
somewhere you were never designed to be.  
Surrender—let life move through you  
that way.



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## Bloom for Yourself

### YOU ARE LOVED

The most striking thing I ever saw was the future in her eyes. Even when I heart walked into a room before she the sadness swelled inside her like a spill from the seam of her skin—it was alive in her eyes that drew me toward when she spoke to me—the salt in her of her own, but a million women whispering the same thing:

‘It is because we are loved that we weight of the world and still keep going

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## Bloom for Yourself

### INTENTION

I have come to experience the breath  
that the Universe hears my every  
*before I think it*; and then returns  
sometimes beautiful, sometimes terr

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## Bloom for Yourself

### SEEDS OF DREAMS

'But how do I grow with all this sad  
my bones?' I asked.

'You grow the way some of the sti  
grow,' she said. 'When the darkness  
them; amongst the silence of stars—  
prayer pressed into the sky.'

'And then?'

'And then, in no time, they awaken in  
they used to dream about breaking th

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## Bloom for Yourself

### THE CALLING

When life opens its doors to you—  
sweeps through your bones like a t  
feathers—you must find the courage  
yours and fly; because life shouldn'  
surviving. Life should be about feelin  
passing through your lungs as  
symphony only for you.



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### BECOMING

Other people are not responsible for  
but sometimes just one person can  
damn beautiful that it breaks the will  
your bones. And the sun—which  
beyond the back of your throat—surges  
of your mouth like an altar of light  
the world in a different way.

And when this happens—you begin  
you're no longer the years behind  
person you decide to be in the very next

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### SOUL FLOWERS

The greatest gift you can give a person is a peaceful, silent space of your soul; for there is no peace in this space—there is only the ebb and flow of your water of you, and the fragrance of flowers blooming beneath the soul of you.

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LOVE AND PAIN

Sometimes, there is no reason wh  
than the simple truth that the Univer  
watch you bloom.

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### THE SCENT OF LIVING IN THE MOMENT

And are the greatest moments the  
expecting; the ones we don't have  
For they come; and they touch us like  
butterfly wings—and then they leave  
earthquakes, like fading dreams. And  
put these moments into words,  
moves—we transform.



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### SALTWATER

Always remember this—you did not ask for forgiveness. You came here in purest, rawest form; carrying nothing of salt on your lips and alchemy in you. If the ash you leave behind is as small as sand, it will still leave a crushingly beautiful gold upon the Earth. So please—proceed without an apology falling from you or an afterthought—because you are just everyone else.

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## Bloom for Yourself

### WILD ORCHIDS

I am teaching myself how to look at  
these silent words falling from my  
orchids:

'I trust you enough to show you who

For when you don't show a person  
are, you are rejecting yourself—you  
that your true self is not good enough  
see. So instead, you show them a false  
do this because you think it won't hurt  
they break the false self. But it will

shatter the soul.

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### DESIRE

Do not chase the breeze, no, let the breeze lead you—whispering all the answers, carrying you in the right direction; because chasing creates a storm—things get broken.

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### THE TASTE OF RAIN

Do you remember the time someone  
that you were not good enough? They  
were as high as the sky and as far as  
as vast as the stars—and you believe  
built a wall around yourself, and  
remember whether it was to block  
or hold back the moon, or hide from  
But you stayed there, like a dying  
sheltered heart.

Well one day, you are going to wake  
different kind of sweetness in the rain  
will rise with the honey gold beams



will rise with the money gold banner  
faith, and with wonder:

What if it is more painful to stay here  
climb that wall like a fearless rose?

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## Bloom for Yourself

### LONELINESS

'Why do you get so lonely?' he asked  
on your feet, the wilderness in you  
moving through your bones. And then  
you breathe—an inhale of anything  
you want it to be—a prayer, the ocean.  
So the next time the sun smiles at you  
warm imprint on your soul; please record  
different ways you can be touched  
alone.'

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## Bloom for Yourself

### ALIGNMENT

Then there are the days when even  
possible, and I search the air to see  
falling into place, like a star, a sign  
becomes apparent—only the sound  
drawn from my bones by the breeze  
my thoughts been? What am I wearing  
catchen? What has carried me to this  
unlimited self-belief, and how do I stay

And of course, the questions become  
returning with the voice of the wind.

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### PRESSED FLOWERS

I think if you can learn to forgive y  
way you dealt with the lessons of t  
know the parts of yourself you t  
shame, like scars you tried to fold  
bones of you. Yes, I think that's wher  
to change. I think that's when you  
everything so very tenderly, and th  
footprints in a path you once honour  
once pressed.

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### HEARTBREAK

The most startling thing about heartbreak is looking back and noticing that things actually end.



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### THE BELIEVER

When you find a person who trusts you, keep hold of that person—never let go. They could be on the other side of the world, but they are inside of your heart—the distance is not a barrier when their energy spills over the speed of light and rises you up to kiss the stars.

It's like the spreading of warmth, the sharing of bread.

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### THE ART OF LIVING

You can have balance and serenity if  
you can have whatever you ask for—but  
it's only given to you when you make space.

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### A LOVE LESSON

I have experienced love in its fullest, form, during those times when I have not been expecting anything in return.

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### THE STRENGTH OF A WOMAN

And the women inside me have gone  
moons. They have travelled over c  
and oceans to find the next woman. '  
heavy, like the rain wet sky; fough  
their skin, been torn to the bone bro  
unloved in a heartbeat.

And me? I am learning from each a  
am becoming a stronger version of n  
join them when the next flowe  
bloom. And then we will become the  
and the butterflies inside her chest

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ner sweet noney from the gold of us  
her—we will carry her like our sp  
next version is ready.

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## Bloom for Yourself

### ATTACHMENT

I can tell you that your soul will be a million pieces, (which may take years to put together) if you keep holding onto co-dependency. I hope that they will eventually become your own hands.

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GRATITUDE

I have let too many moments pass with  
the Earth for carrying me through the

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### LISTENING TO SILENCE

I am certain that if you can walk beneath the sun of life, and keep walking with it, with your eyes closed—you—then you will have a beautiful life.

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### FORGET ME NOT

To the introverts—alone in a crowd and terrified. The ones who have taught how to swallow their voice for fear of being out of place in the open air. I want you to speak. I understand every word you want to say. Please—unfold the essence of who you are and wear it on the outside as a fragrance never before owned before. Say 'no' often—without apology and without explanation. And when the time is right, you are, breathe out your name as if you were breathing life into the parts of themselves that have been waiting for you for the magnificent, rare flower that you are.



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## Bloom for Yourself

### HOW ELSE DOES THE EARTH BLOOM

Have you ever experienced overwhelming emotions when you're doing all that you can to *avoid* experiencing overwhelming emotions? The bones get tired with running, but like rain, they cling to you down; and the further you are weighed down you become—a soul like water drowning in water; you But what if you started diving into them open, giving them space to breathe like bringing to the surface every you—learning to embrace darkness and light—how else does the Earth

embraces rain—now else does the ea

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FALLING IN LOVE

For me—falling in love is about me  
who helps me fall in love with myself

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## Bloom for Yourself

### A LOST LIFE

I remember weeping tears from the  
life. A life carved out for me on the  
walking next to me, calling me, tugg  
aching for me to stand still and taste  
ocean pulls us in to taste the sweet sa

A life I finally had the courage to step

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## Bloom for Yourself

### GROWTH

It happens when you make a deep connection with something like music, art, poetry, a person, or a place. It swells inside you like a deep breath held too long. You feel another person is living beneath you, or a place is waking from a long sleep. Then the air you breathe carries more value, and nothing else matters. It happens because this deep connection is bringing you back to life—pulling you into a world that is both familiar and strange and terrifying all at once. It's like the splitting of atoms—it expands beyond a point of no return.



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#### WOUNDS

Only when you have healed all wounds touched by a sword and still not healed your open wounds that hurt you—no actions of others.

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## Bloom for Yourself

### TIME

This I know—you are more passionate  
you are living in the present moment  
you rush away time, wanting something  
waiting for something to happen. And  
that in the waiting, you are resisting  
moment, choosing not to live—denying

Time is but a moment, a heartbeat,  
can't rush any of these things—you  
You can only walk alongside it and  
how to live with grace.

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### WANTING

Wanting causes emptiness—it makes you feel as though you lack something, as though there is a hole inside you that needs to be filled. You try to fill it, but you use something outside of yourself—something that doesn't belong to you. This only causes more wanting and more emptiness. Then you get caught in a never-ending cycle of wanting and aching and longing and breaking—and do you know what? Wanting is an illusion, and the thing you want is already inside you.

The *belief* that you already have what you need inside you: that you are already whole.

worthy and already more than enough  
are.

Spend time with this, (instead  
wanting).

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### NEEDING

Whenever you feel lost, run to yourself  
because you need yourself more  
than anyone or anything outside of yourself

(And it may take losing yourself many times  
before this lesson embeds itself into your heart)



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## Bloom for Yourself

### WHOLE

'But how do you settle into your skin  
love all the places you tried to send b  
ocean?' She asked.

'You dive into those places and trust  
lead you back home.'

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## Bloom for Yourself

### GIFTS

If you have to become less of a person from a person; how can that possibly give without taking something yourself—you can give without leaving a wound in yourself. You can give the moon and the sunshine inside you and all the flowers and the trees and the birds and everything from the ocean to the wind and it will return to you—if you just hold on.

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## Bloom for Yourself

### THOUGHTS

I used to think that every single thought that fell into the air was falling behind me like a seed until I started to meet those thoughts as living, breathing things. And then I began to understand that every thought was part of me, like a path of brand new seeds.

So now, the question I always ask myself is

‘Do you *really* want to meet the thoughts you’re thinking about the most?’

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## Bloom for Yourself

### HAPPINESS

(i)

Do not put your happiness into other hands. For you will spend your day searching for it in everything you touch.

(ii)

When you make a conscious choice no-one can take it away from you because you gave it to you.

You gave it to yourself.



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## Bloom for Yourself

### OUT OF THIS WORLD

That piece of yourself you don't understand, that raw, unedited core that you sweat and cry over your bones every night in the hope that it will become your dreams by morning—it needs to be seen, named, and studied and embraced. For the magic of the science of you, it's the alchemy of the unknown that makes you who you are—unique and beautiful and breathtakingly, beautifully enough.

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## Bloom for Yourself

### SELF-LOVE

Self-love is like a feeling you have t  
with you for the rest of your life. Li  
heart—it should never stop.

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## Bloom for Yourself

### AUTHENTICITY

Being authentic for me is learning  
without the attention of others—learning  
complete and fulfilled from within  
validation from without.

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## Bloom for Yourself

### FLOWERING

I speak of healing as 'doing the healing'—healing is a daily practice—it doesn't happen overnight. It happens by knowing yourself, by being aware of the parts of yourself that you've pushed away from you back. Introspection is the backbone of healing; go deep within and get to know yourself about those parts. For the light inside you—like a tender whisper—just waiting for you to listen to the message it is giving you.

Healing is about reconciling with yo

.....



every day so that you are happy living  
every day.

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## Bloom for Yourself

### ONE

Days, when you feel so confused, you  
for something you can't find—lil  
language under your tongue, a mar  
your skin, a memory. These are the  
Earth is trying to speak to you the  
tell you:

'You are not separate from me—the  
the tide, breaks open the sky and ch  
to gold—you have simply turned you

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## Bloom for Yourself

### SADNESS

Try not to allow the sad person w  
with you for too long, for they wi  
eyes in the present moment—and th  
miracle before you will be tainted.

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Bloom for Yourself

WAKING DREAMS

When you tie your life to a  
breathtaking and humbling experien  
falling from the sky into your hands l

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## Bloom for Yourself

### THE WORLD WITHIN

When they ask me where I pull the  
tell them:

‘There are places I have visited wit  
think I have ever properly returned f



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A TOUCH OF THE WILD

Something wild and beautiful happens when you start to love yourself and embrace every piece of who you are.

I think it's something like freedom.

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### SELF-DOUBT

I am starting to fold the voice of self  
palm of my hand. Quietly, like a  
without hesitation.

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## Bloom for Yourself

### A CONVERSATION ABOUT SELF-WORTH

'Why do you let people walk all over you?

'I guess it's because I walk all over n

'And I suppose I think it's ok for t  
because they're not treating me any w  
myself.'

'What if they did?' I said.

'Well, I think that's when I would walk .

'So if you treat yourself a little kinder,  
you see that you would re-set the to  
you accepted from others?'

'Yes, I do... but how?'

'Accept this as the truth: you are ene

are. You are whole and unique and I  
you are. Accept it as the truth—say it  
again until this concept of yourself is p  
bones like sacred scripture. And then,  
second, a hundred heartbeats, a year  
longer hear or accept anything which  
this vision; this glorious image and li  
are, because you have accepted it as the

This is how you nurture self-love—t  
hold self-worth so high in the air t  
untouchable.'

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SOUL MATE

I know there is a place somewhere  
for us. And when I find it, I think you  
waiting.



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## Bloom for Yourself

### BREATHING FLOWERS

The year of healing—of breathing  
writing the past out of my bones  
weight of twilight—the year made  
for breathing the truth. The kind y  
was kind to myself), the year dayl  
how to walk through every inch o  
though nothing was holding on and  
letting go.

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## Bloom for Yourself

### UNLEARNING

Above all, become less of a human soul—because life becomes easier being who you think you should be.

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Poems + Quotes

*tender reminders*



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i am beautifully broken  
open.

(and this is how the sky must feel  
after a storm)



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that's h

moment.

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Bloom for Yourself

lay down.

weep.

heal yourself.

(before you can heal anyone else)

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Bloom for Yourself

do not fill  
the emptiness in your heart  
with people  
and call it love.

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## Bloom for Yourself

i have bloomed and  
flowered  
a thousand times in  
this lifetime;  
(even when my roots  
were damaged)

because i let the dying petals fall.



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Bloom for Yourself

my heart beats

and this is

with the fra

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Bloom for Yourself

honour me  
with honesty  
and  
i will give you  
my loving hands.

(no matter what your story holds

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Bloom for Yourself

WC

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Bloom for Yourself

how tender  
and  
delicate  
you really  
are.



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Bloom for Yourself

to the ones  
who feel too much –

make art.

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## Bloom for Yourself

no matter the pain  
it has taken you to get here;  
the love you have lost,  
given up on (passed by).  
the wars you have fought,  
run from (chased after).

you are still the expanse of sky.  
you are still the air,  
the earth,  
the moving tide,  
and everything in between.

it is your birthright  
to grow and ache  
and change and learn

and hurt and heal.

love.

breathe.

you belong here.

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Bloom for Yourself

all the thin  
a person to  
;

the sunlight  
the whispers in  
the words beneath

do you understand

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## Bloom for Yourself

fragile things that break in the wr  
hands:

self-worth.

promises.

hearts.

flowers.



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Bloom for Yourself

if someone isn't ready  
(for the glory of you, the unique you)  
then they are simply just not

but this must not make you  
this must not make you become

if someone isn't ready  
they are not ready for  
and you will not get the love

you deserve the best of

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## Bloom for Yourself

and when they leave —  
just grow flowers  
in all the empty spaces.

for they were simply  
preparing your earth  
for sweeter things.

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Bloom for Yourself

love  
shouldn't be a war you have  
to keep hold of.

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## Bloom for Yourself

it is not your  
responsibility  
to prove  
you are enough  
for somebody  
else.

(just being yourself is enough)



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Bloom for Yourself

be with  
who knows how to  
when you forge

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## Bloom for Yourself

one night,  
the moon will shine  
a little bit brighter and  
you will forget  
you are alone.

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Bloom for Yourself

sometimes  
it doesn't happen  
the way you expect  
it to.

(sometimes that's a blessing)

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Bloom for Yourself

reminder:

you are allowed  
to walk away  
from anything that  
doesn't feel right.



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Bloom for Yourself

t

is the thi

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## Bloom for Yourself

wild woman —

do not be afraid  
to dance alone.

(the earth has been waiting for yc

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Bloom for Yourself

when you learn  
how to love yourself  
you will never be called  
'difficult to love'  
again.

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Bloom for Yourself

and the moon  
looked down at her  
and said:

'you are too full  
of everything  
that makes you whole  
to ever be loved  
in halves.'



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Bloom for Yourself

when the ache comes —

feed it with flowers and  
poems.

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Bloom for Yourself

*you can and will*  
be loved  
just as you are.

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you d  
of the thi  
is keepi

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## Bloom for Yourself

when the storm  
does not pass —

breathe.

beautifully and tenderly.

for there is a language  
on the breeze.  
a language far deeper  
than words.

and your soul will remember.



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## Bloom for Yourself

you become  
more and more  
beautiful  
when you stop trying  
to become  
someone else.

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Bloom for Yourself

keep close  
the ones who believe  
in you.

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## Bloom for Yourself

some people  
have a way of making you feel  
of taking your voice  
and brushing it to one side  
like a fragment of dust.

(stay silent around these people)

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Bloom for Yourself

you can be the sunlight  
for another person, too.

(growth isn't simply limited to yo



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Bloom for Yourself

the wounds —

let them breathe awhile.

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## Bloom for Yourself

the way your life  
unfolds  
depends on the  
attitude you have  
towards yourself.

(it's that simple)

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the place where  
that's where the

silent, aching, a

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## Bloom for Yourself

there will come a time  
in your life  
when your own worth  
will show up for you.  
when self-love will become  
a default state.  
when no validation  
will be needed  
for who you are  
or what you believe in.

it will come  
it will come  
it will come.



\*\*\*\*\*

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Bloom for Yourself

the sacred act of patience

gracefully living out the w

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## Bloom for Yourself

that stillness  
which breathes  
and  
has a pulse  
and is alive  
with life.

stay there  
for a moment  
longer.

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## Bloom for Yourself

it is not only  
time  
which heals the soul:

it is presence  
and patience  
and faith  
and creativity  
and silence  
and solitude  
and breathing  
(just breathe)

it is reconnecting with the thing

which feed your soul —  
the things which bring you back  
to your soul.

for it was you who wandered....

but you are coming home now.

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pay attention  
to the things that make you  
feel more alive.



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Bloom for Yourself

whatever your soul  
will tell you exactly

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## Bloom for Yourself

you cannot heal  
the thing  
you keep hiding  
beneath  
your bones.

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Bloom for Yourself

make peace  
with the space you are living wi

for this space is the bridge  
that leads you to the person  
you are becoming.

(this space is your life)

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self-worth  
is built upon  
the conversations  
you have with  
yourself.



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## Bloom for Yourself

how beautiful —  
to look back at the storm  
and the chaos and  
watch yourself rising  
from the wreckage.

when was the last time you hon  
own strength?

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Bloom for Yourself

wildflower —

keep unfolding  
in front of people's  
eyes.

(without apology)

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Bloom for Yourself

if t

in

in

in

you will always

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## Bloom for Yourself

and is it  
sweetness  
that runs through  
your teeth  
when you think about  
the dreams you used to have?

the ones you built  
from bones  
untouched  
by doubt.

the ones that fell  
like petals  
too young  
to die.



my loves —

there is nothing softer  
than the touch of mercy  
when you go back  
to that earth  
and collect them.

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love what you love.  
hold onto it  
with every atom  
of your being.

(because what you love  
is the reason you exist)

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## Bloom for Yourself

do not  
gather  
flowers  
from anybody's  
earth  
but your  
own.

April Green

- 109 -

Bloom for Yourself

you are all that you have —  
everything inside of you  
unfolds outside of you.

please protect and cherish the i  
more than anything else.

April Green

- 110 -

## Bloom for Yourself

spend time  
with the real ones.  
the raw ones with  
dreams  
dripping from their bones  
like wild honey.

(the ones still living while they're



April Green

- 111 -

## Bloom for Yourself

one day,  
the sky will fall  
onto your skin  
and you will become  
all the prayers  
you breathed  
into the air;  
all the poems  
you pressed  
into your bones.

and you will say:

‘it was written.’

April Green

- 112 -

Bloom for Yourself

and  
there is  
gold  
to be found  
in the little  
things.

April Green

- 113 -

Bloom for Yourself

everythi

everyt

*even when you*

the earth is a b

April Green

- 114 -

## Bloom for Yourself

don't water down your  
uniqueness  
for anyone.  
be like a wildflower —  
passionate and  
unforgettable.

(grow in places they never expect



April Green

- 115 -

Bloom for Yourself

delicately —

the way we carry our most sac  
memories.

April Green

- 116 -

## Bloom for Yourself

rest in your body.  
live there for awhile.

how many times do you leave you  
in search of a different home?

April Green

- 117 -

## Bloom for Yourself

do all that you can  
to find peace.

forgive  
let go  
(hold on for longer  
if you must)

but please —

go to the stillness inside you  
and find peace.

for if i could gather un

the whole world  
i would do it  
just to show you  
how much we need  
to find peace  
within ourselves.

first.

April Green

- 118 -

Bloom for Yourself

without

you

like a flower wi

like a day wit



April Green

- 119 -

Bloom for Yourself

a love note:

please find the courage  
to live the life *you* want.

because it is your life.

(and you must never forget this

April Green

- 120 -

## Bloom for Yourself

if i could engrave  
something  
onto the walls of your heart  
it would be this —

'surrender all.

embrace who and what you are;

with grace  
with grace  
with grace'

April Green

- 121 -

Bloom for Yourself

it is only when you  
that healing enters

starts to do its best

April Green

- 122 -

## Bloom for Yourself

and if you're not ready  
to bloom for them,  
(to show them who you really are  
then bloom for yourself.  
bloom internally.  
bloom so much that buds fall from  
bones  
and earth breaks beneath your feet



April Green

- 123 -

## Bloom for Yourself

listen to  
the space between the words  
you don't hear.

listen to  
the silence.

the beating heart.

the eyes of the  
soul.

April Green

- 124 -

## Bloom for Yourself

if i am alone;  
i still have the air  
and  
all the beautiful things  
it carries into my heart  
  
and i am happy.

April Green

- 125 -

## Bloom for Yourself

lesson:

the judgements  
you make about yourself  
have no substance.

(stop believing them)

April Green

- 126 -

## Bloom for Yourself

if you love a thing  
that stops you from  
loving yourself:

you have to let that thing go.



April Green

- 127 -

Bloom for Yourself

breathe softer.  
and quieter. and with more i  
to live harder.

April Green

- 128 -

## Bloom for Yourself

stop burying the parts of yourself  
that you don't understand...

the earth will just keep returning  
until you plant them into something  
will grow.

April Green

- 129 -

Bloom for Yourself

how beautiful —

the slow and delicate  
exposure  
of vulnerability.  
the undressing of skin  
and bone.  
salt and air.

falling

like a string of unspoken

April Green

- 130 -

## Bloom for Yourself

you raised me —

you carried me  
through  
air and sun and sky.

and in the winter storm,  
you broke me open  
so i could see.



April Green

- 131 -

Bloom for Yourself

everything you have  
has been done by you

you have spoken your life  
moved the earth with your words  
the rivers with your words

please tell me you believe

April Green

- 132 -

## Bloom for Yourself

and  
just when i think  
i know myself  
another voice  
speaks.  
like the echo  
of a woman  
i have yet to meet.

(and i am learning to answer her )

April Green

- 133 -

## Bloom for Yourself

it is strong roots  
that will help you weather  
the pull of the world —  
(the hunger and the aching  
for something more  
than you think you are)

and it is strong roots  
that will ground you into  
realising you are already  
so damn more than enough,  
just as you are.

April Green

- 134 -

## Bloom for Yourself

if i could hold you —

the broken you.

the hurt you.

the lost you.

i would do it

just to show you how easy

it is to hold someone

else.



April Green

- 135 -

Bloom for Yourself

that wildness  
where the salt in  
moves

you loose  
on

don't run from wh

April Green

- 136 -

## Bloom for Yourself

keep your  
beautiful heart  
tenderly  
soft.

because  
soon —

you will believe  
in yourself  
again.

April Green

- 137 -

Bloom for Yourself

and  
there is still  
time  
to bloom.

(there will always be still time)

April Green

- 138 -

Haikus

*a flower in your hair*





Bloom for Yourself

the most beautiful  
thing a woman can do  
simply love herself

April Green

- 141 -

Bloom for Yourself

there are better ways  
to survive than with a love  
that leaves you empty.

April Green

- 142 -

## Bloom for Yourself

the thing you need th  
you can't get from any  
else — your soul has

April Green

- 143 -

Bloom for Yourself

if there is pain in  
your life — you have to be b  
you have to meet it.



April Green

- 144 -

Bloom for Yourself

sometimes it's softer  
(and hurts less), when you  
tears flow on their own

April Green

- 145 -

Bloom for Yourself

there are no answers.  
there is simply a feeling  
called intuition.

April Green

- 146 -

Bloom for Yourself

pursue the things that  
are good for your soul —  
something you can touch

April Green

- 147 -

Bloom for Yourself

brave one — show them how  
you keep rising, and growing  
(even when it hurts)



April Green

- 148 -

Bloom for Yourself

those tender mornin'  
when the earth is still as  
let the dawn hold yo

April Green

- 149 -

Bloom for Yourself

always remember  
just how rare you are — the  
no-one quite like you.

April Green

- 150 -

Bloom for Yourself

love everything.  
the little things. the inh  
the moments of life

April Green

- 151 -

Bloom for Yourself

sometimes, you have to  
let the memories become  
air and turn to dust.



April Green

- 152 -

Bloom for Yourself

the pain — channel i  
(channel it into someth  
you deserve to feel]

April Green

- 153 -

Bloom for Yourself

do not abandon  
yourself in the quest for love  
let it find you whole.

April Green

- 154 -

Bloom for Yourself

it matters to you.  
(that is the most impor  
thing to remember)

April Green

- 155 -

Bloom for Yourself

and in time, you will  
come to understand that th  
leaving was a gift.



April Green

- 156 -

Bloom for Yourself

a person will show  
you how to love them by  
way they love themself

April Green

- 157 -

Bloom for Yourself

when you are alone —  
let your heart be softened  
the voice of silence.

April Green

- 158 -

Bloom for Yourself

the wounds of the past  
will not heal if you simply  
forget about them.

...

they must be opened  
and nurtured — so that they  
and you grow from them.

April Green

- 159 -

Bloom for Yourself

there is life in the  
silent prayer that falls from  
your lips like a kiss.



April Green

- 160 -

Bloom for Yourself

and i have learned th  
every flower gets wh  
it reaches out for.

April Green

- 161 -

Bloom for Yourself

you are allowed to  
sit in solitude without  
explaining yourself

...

you are allowed to  
heal at your own pace, and  
forgive when you choose

...

you are allowed to  
weep until the moon fall  
and the sun rises.

...

because, one day, you  
will find the strength to  
breathe and start again

April Green

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sasha, tina, xavier

&

a very special thank-you to my

your love means more to me than I  
know.



love,  
april green

instagram, twitter and etsy: @lo

follow my instagram blog @bloo  
to read more about healing an



